

VISIT...

LANZAROTE  
*Caliente*.COM

May 2002 Doings:  
A Sporadic Journal of Activities, Spells, and Words

by Eliza Fegley

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May 01, 2002

## Rot Away Debt

I wrote and cast this spell back in December of 2001 and have found that it, in conjunction with Stop Debt Growth spell, has worked.

To be performed 3 days before New Moon.

On a white piece of paper, make a list of your bills on one side. On the other side, write the diminishing ABRACADABRA seal as so:

ABRACADABRA  
ABRACADABR  
ABRACADAB  
ABRACADA  
ABRACAD  
ABRACA  
ABRAC  
ABRA  
ABR  
AB  
A  
-

Fold the paper into quarters and put it into a jar. Fill the jar up to midpoint with dirt. Water until the soil is soaked.

Place a black votive or similar small candle into the jar and light. When the candle has burned down and out, seal the jar with a lid and throw the whole jar away into the trash once it has cooled.

WARNING: Glass can break when it gets hot. If your jar cracks, use a stick to drown the wick in its own wax.

Glass will get hot. Burn away from flammable objects and keep a hotpad close by for use.

May 02, 2002

## Stop Debt Growth

After performing the above spell, I went on to write and cast Stop Debt Growth.

I do not know if these spells work well on their own as I've only needed to cast them once and I am still feeling their effects. They have done more to help me (and my main financial focus) than any money gain spell ever has.

On dark moon, put a raw egg and a dime into a jar and cover the jar with a lid.

Shake the jar so that the egg breaks and there is yolk covering the entire inside of the jar. Open, remove the dime. Wash off the dime and wrap it in a white square of paper (symbolizing the desire for a "clean slate"). Tie or tape the paper so that the dime does not fall out by mischance.

Place wrapped dime in the drawer or box where you keep the bills you need to pay.

### Note:

Eggs symbolize birth and growth. To crush an egg stops growth and, in this case, stops the growth of debt.

May 03, 2002

Below is an article I wrote and only recently re-found. Maybe it is time to do some spring cleaning on my computer?

Rhiannon

By Eliza Fegley

August 9, 2001

Rhiannon is a Welsh underworld goddess. It is said that she was originally called Rigatona which means "Great Queen", although she was also associated and formed by the legends of other goddesses such as Epona and Morrigan.

She travelled on a magical horse. Prince Pwyll sighted her on Beltane and tried to pursue her but her horse outran his. They eventually united in a sacred marriage and Rhiannon bore him a son.

Disaster fell when her son was stolen from her side one night. A maid, terrified at getting into trouble because of the babe's disappearance, covered Rhiannon's cheeks and mouth with blood. Rhiannon was accused of infanticide and as penance for her crime, she was transformed into a horse and had to wait for visitors by the horse-block in Pwyll's court. When visitors arrived, she gave them a ride on her back to the household. This she was supposed to do for seven years as payment for her crime.

Eventually her son was found in a stable beside a fowl, who later became the boy's companion, by a man named Teyrnon. The child was returned to Rhiannon who exclaimed how worried she had been. Because mother's had the right to name their children in those times, her son was then named Pryderi which means "anxiety."

This story is variantly repeated in one of Grimm's fairy tales where a Young princess seeks her seven brothers and then finds that they were enchanted and turned into white swans. Her brothers fly her to another land, crossing over the land of Morrigan. There she visits Morrigan in a dream and is told how to break the enchantment over her brothers. She takes a vow of silence and day and night she gathers nettles and weaves them into shirts. She also meets a King who comes to her on horseback (she is living inside a cave-mound) and he takes her away to be his bride. During their marriage she bears him a child. One night as the child slept by her side, it was stolen and she was accused of infanticide.

Besides her mare, Rhiannon is also accompanied by magical birds. It is said that they are all white with golden beaks. Their song induces sleep and takes the listener to the Otherworld and thus eases the sick and murdered into a peaceful death.

Rhiannon is the goddess of fertility, the underworld, and of enchantments. A simple altar can be made with seven white birds and a horse. These can be found cheaply at most craft stores and you can paint them accordingly. Nettle can also be added to the altar.

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May 04, 2002

## Getting Involved

It's is never enough to read about other people's projects and concoctions. I have to try them out for myself. Like a kid mixing "secret" cupboard ingredients into my mom's mixing bowl, I have to experiment, make a mess, and a few mistakes until I feel satisfied with myself for having gotten up off my rump.

In fact, I don't even pay attention to other people's recipes or directions. I grasp the basic jist of the project, use common sense, and get to work. A little of this, a little of that, and so on. If I fuck up, so what? I usually get my best inspirations after a fuck-up.

It is the same with my ritual work, my spell crafting, and life in general. I'm only aware of being here this one time so I may as well do as many things as possible.

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## I Killed My Television

Eight years ago I sliced/terminated/ended/killed my connection to cable television. People thought I was nuts. My mother offered to help me get cable turned back on. My sister would have put me in therapy if she could afford it. But I... I suddenly had all this FREE time!

What to do? What to do?

I learned how to bake bread the old fashioned way. I made my first handsewn quilt. I read book after book and learned about astronomy, quantum physics, Victorian England, hollow Earth, keeping my kitties healthy, and so on.

I guess this all leads back to what I was typing in earlier. You got to get up and do things. Try things out. Life passes by so quickly and when you look back you will want to see your accomplishments and not reruns of the fake make-believe world called television.

May 05, 2002

I am now officially cleaning off my hard drive. Below is an article I wrote about 2 or 3 years ago. I don't think it ever went on the internet but instead got shuffled into my Misc-Writ file.

## The Circle

The circle is an extremely versatile symbol. It is a symbol of wholeness, of binding, protection, completion, and the never-ending.

To place two names within a circle is to bind those two people, to enclose them into the wholeness of the eternal circle.

To bring about self-love, write your own name, in red ink or paint, and then surround it with a pink circle. As you write your name in red (energy), think of yourself, what you love about yourself, your good and strong points. Think about your negative points, the things you do not like about yourself. Now, draw the pink circle around your name. The pink is for gentle love. You are now surrounding yourself with love and acceptance of your whole being. Feel it enclosing you as you complete the circle.

For married couples or life partners that may be having relationship troubles and who are seeking harmony with each other, write both names down in red, the color of energy, thinking on the qualities of each person as you do so. Next, surround them with the pink circle of gentle love. Visualize the couple surrounded by this gentle, soothing love.

To overcome your love for another and for faster recovery after a break-up, write your name in red ink or paint, thinking of yourself as you do so. Next, on the far lower right from where your name is, write the name of the person whom you wish to recover from in red. Think of this person as you do so and try to keep it positive. You don't want negativity binding you to this other person. At the least, just visualize this person's appearance. When you are finished, draw a circle just around your name in light blue ink or paint. Light blue is a soothing and healing color. You are surrounding yourself in healing, you will recover. You are also separating yourself from that other person. You are now whole.

May 06, 2002

Today I bring you an unfinished article. Goodness knows what happy drugs were in my drinking water 2 years ago.

## Essential Oils

Each aroma, each scent, inspires a different feeling within us. Some smells bring on calmness and some smells bring on joy. The short list below are essential oils that contain energies relating to love spell work.

There are many ways in which these oils can be used. One way is to use them in a diffuser during spellwork, ritual, or meditation. You can also place a drop of essential oil on your shirt before going out to attract loving energies.

Another use for essential oils is massage oils. Before using any oils on yourself or another, please test for allergic reactions by rubbing a small amount on your wrist and waiting three days to see if there is a reaction. To make a massage oil, you must first select a carrier oil. The carrier oils are: apricot kernel oil (my favorite oil to use as it feels very light on the skin), sweet almond oil, soy oil, grapeseed oil, and sunflower oil. After you have selected an oil, pour some into a glass, preferably dark glass, jar. Add one drop at a time of the essential oil(s) that you want to use until you've reached the scent you want. Smaller batches of massage oils can also be used as anointing oils for ritual work.

For baths, add a few drops of essential oil(s) into a tub filled with warm water.

For laundry, place a few drops of essential oil on a cloth handkerchief and throw it in the dryer while drying clothes. You can also add essential oils to warm/hot water to wipe down the floors and other hard surfaces. Lemon verbena would be good for this.

Ginger (*Zingiber officinale*)- Energy, strength, sex, and love. Good for an invigorating bath.

Lavender (*Lavendula officinalis*) - Love, happiness, contentment. This essential oil is good to use for those already in a commitment with a person, married couples. Good for massage oil and a soothing bath.

Lemon Verbena (*Lippia citriodora*) - For love and purification. The perfect essential oil to use for fresh new starts.

Palmarosa (*Cymbopogon martini*) - Use to attract love.

Rose - Used for beauty, love and sex. For sensual love. Good for massage oil.

Rosemary (*Rosemarinus officinalis*) - For lasting love. To promote love. Good for a relaxing massage oil and invigorating bathing.

Yarrow (*Achillea millefolium*) - Use to attract spiritual love and for self-love rituals.

Ylang-Ylang (*Canaga odorata*)- Use as an aphrodisiac and for creating sexual desire. Good for use in a bath.



May 07, 2002

Another lost file found.

## The Basics of Spellcrafting - LOVE

### FOCUS

The most important part in ritual or spellcrafting is focus. Before beginning any spell or ritual, take a moment to tell yourself why you are doing this. What is the purpose for this spell or ritual? What is your planned outcome? Keep your focus very simple and to the point.

### VISUALIZATION

Now that you have your focus, visualization will come easily. Visualization is to see events, people, situations taking place within your mind. As you perform a ritual or spell, also visualize the focus and the desired outcome. This adds power and momentum to what you are doing.

### MOON CYCLES

Many people follow the cycles of the moon to determine the angle of their focus. New Moons are for new beginnings. The waxing Moon, when the Moon is growing larger, is the time for growth and gain. The Full Moon is the time for abundance. The waning Moon, when the moon grows smaller, is the time to banish, dispel, reduce, remove. Not everyone bases their workings on the moon. The decision to follow moon cycles is up to the individual.

### COLORS

The colors most often used in love spells are:  
red for sexual energy, energy, lust, fierce love  
pink for gentle love, soothing, and loving  
white for purity, purification  
silver for protection and feminine love  
gold for bold, brazen, and masculine love

### CASTING THE CIRCLE

Why cast a circle? While circle casting isn't a must for everyone, many people do cast a circle to surround themselves with the energy that they need. They also cast circles for protection from energies that they do not want involved in the spell or ritual.

Everyone casts the circle their own unique way. Some may use a wand, some use visualization, some will draw a circle in chalk around themselves or sprinkle salt around themselves for purification and neutralizing negativity.

A simple exercise to bring about feelings of self-love is to simply visualize a pink circle surrounding yourself or a pink bubble with you in its center.

May 08, 2002

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### Charming A Protective Whistle

Whistle, may I never need to use you,  
But should a time of need come  
Sound your loudest song in tune  
So that nearby help will come.

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I've been searching for this article for some time and have finally re-found it.

### Aphrodite Candles & Mini Altar

This is a simple way to make something that is both decorative and spiritual.

#### Items Needed:

tea candles

sea shells (I prefer using oyster shells because of their long-standing female sexual symbolism)  
double boiler or microwave safe measuring cup and microwave.

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natural wide-mouthed shallow bowl

sand

sea salt

#### To Make:

1. Cut the tea candles apart, getting out the entire wick unharmed. Sometimes the wick will pull out easily with the metal tab attached.
  2. Cut the wax into small chunks and melt in the double boiler or in the microwave. For microwave: melt the wax in the microwave safe measuring cup on high for about 6 minutes.
  3. Fill a bowl with sand. Place the seashells into the bowl of sand. This is to keep the shells from wobbling around when you are pouring in the wax.
  4. Place the wick with tab inside seashells and slowly pour the wax into the seashell.
  5. Allow to cool before moving.
- 
6. Prepare a natural coloured shallow bowl for your altar. Mix sand and sea salt, pour into bowl until it is almost full.
  7. Place shell candles into the bowl along with other seashells that are not candles. Pieces of coral also look really nice.

May 09, 2002

There was a time when I spent alot of time and energy researching and working with the energies of Hecate. Unfortunately, many of the articles I wrote were stolen from the list I ran and off my website and were placed on numerous Wicca Wanna-Be websites. One was even published as written by someone else! In any case, here is one of those articles.

### Hecate Wreath

The willow tree is sacred to the goddess Hecate.  
This willow wreath easily symbolizes both Hecate and the Moon.

Items Needed:  
fresh willow branches  
twistie ties

#### Instructions:

1. Gather long, thin branches from a willow tree. \*
2. Remove leaves.
3. Holding one end of the longest branch in your hand, begin by making a small circle or loop.
4. Make a second loop with this same branch and then begin wrapping the remaining amount around and through the first two loops, tucking in the end when finished.
5. Begin adding more branches, one by one, to this wreath by tucking in the ends and wrapping the branches.
6. When finished, use the twistie ties to hold down any loose ends. Even if there aren't any loose ends, you should tightly wrap at least 4 twistie ties around the wreath to hold it in shape until it is dried.
7. Allow one month drying time. Remove twistie ties and hang wreath.

#### Embellish:

These small wreaths can be embellished by giving them a light coating of silver spray paint.

\*Thank the tree for Her gift with words of thanks and/or an offering.

May 10, 2002

I think that the article below was published someplace... in a magazine or ezine. I can't remember any more and until I get a secretary you'll just have to put up with my memory lapses.

### Parsley Uses

Copyright Eliza Fegley, August 4, 2001

I've alot of parsley growing in my gardens. This research below is research I did for myself because there is no way I could eat all this parsley that I've saved within a year.

There are remedies involving parsley at the end of this paper. If you decide to use them, it is at your own discretion, not mine. Always research an herb and your condition thoroughly before taking matters into your own hands.

*Petroselinum crispum*, *P. sativum*, or *Carum petroselinum*

### Warnings:

1. Avoid parsley seeds and heavy consumption of the herb during pregnancy.
2. Never gather parsley from the wild. There are poisonous plants, such as *Aethusa cynapium*, that look strikingly similar to parsley.
3. Do not use parsley if a kidney inflammation exists.

### Customs and Lore

Parsley used to be associated with death and the Devil. The Romans planted parsley around the graves of their people. Ancient Greeks would sprinkle parsley on their dead. Since parsley seeds took so long to germinate, folk people would say that the seeds went to the Devil and came back again seven times. To counteract the Devil connection, people would plant their parsley seeds on Good Friday.

The saying, "In need of parsley," means that a person is near death and to transplant parsley from an old home to a new home is said to bring along bad luck from your former residence. It was also believed by country folk that to give your parsley plants away was to give away your luck and that to sow parsley is to also sow babies. In Britain children were told that they came from the parsley bed.

### Crafts

Parsley can be used as foliage in fresh herbal arrangements.

### Cosmetics and Soaps

Parsley is used for dry and/or sensitive skin.

### Moisturizing Honey Parsley Face Mask

1 small sprig of fresh parsley

2 TBS honey

Finely chop and grind one sprig of parsley. The more you can get the parsley into a paste-like consistency, the better. In a ceramic or glass bowl, add the parsley and honey. Mix with fingers and apply to face. Do not apply to the eye area. Leave on for 15 minutes while lying down. Wash off with warm water. Splash face with cold water and pat your face dry. Apply a moisturizing cream.

### Apple Parsley Face Mask for Oily Skin

Half an apple

Lemon slice

1 tsp dried crushed parsley

Remove skin and seeds from apple. Cut into small chunks or slices and place in a small pan with a small bit of water. Cook the apple down as you do for apple sauce.

Remove from heat once the apple is sauce and add the juice from a lemon slice and about a teaspoon of parsley. Allow this to cool. While the mixture is still warm but not hot, put it on your face. Lie down and leave this mask on for 5 to 10 minutes. Rinse off with warm water and then splash your face with cold water. Use a natural astringent on your face such as Witch Hazel and then put on a light moisturizer.

### Parsley Vinegar Hair Rinse

This hair rinse helps remove shampoo residue and stimulates the scalp.

Boil 2 cups of water. Remove from heat. Add two TBS of fresh, chopped parsley. Cover with lid and let steep for 5 minutes. Strain and cool to warm. When warm, add one TBS of apple cider vinegar. Use this rinse on your hair. Massage into scalp and rinse briefly with cold water.

### Food Recipes

Chewing parsley freshens your breath.

### Parsley Chive Garlic Butter

2 sticks butter, softened

1 TBS chopped chives

1 TBS chopped parsley

1 small minced garlic clove

juice of one small lemon or half large lemon

pinch salt, pepper

Beat butter, minced garlic, and herbs together. Add lemon juice, salt, and pepper. Mix until blended. Store in a glass jar or small margarine tub. Chill before use.

I use this butter on a slice of bread and then toast it in my toaster oven.

### Scrambled Eggs

This is something I make according to my mood.

Beat eggs in a bowl, add chopped parsley, chives, garlic, onion, pepper, or whatever sounds good to you. Scramble in your usual way.

### Sandwiches

Chop fresh parsley and sprinkle over sandwich or, as I do, lay the leaves on the bread with lettuce, tomato, onion, and mayo.

### Preserving

#### Drying Parsley

Gather parsley when the leaves are dry. Scatter the leaves in a glass or ceramic dish, or line a baking sheet with wax paper and use. Avoid drying any herb on a metal surface to prevent chemical reactions. Stir the drying parsley at least once a day and keep out of direct sunlight in a dry, ventilated room. When dry, parsley leaves feel like thin paper. Check the stems by breaking them to make sure the parsley is dry. Store whole in a glass jar out of sunlight until needed.

### Freezing Parsley

Fresh fresh parsley for year-round needs. Gather parsley, wash, and pat dry with a paper towel. Place parsley springs into a freezer bag, close, and toss in freezer. Remove parsley from bag as needed.

### Infusion

To make an infusion, you first boil one cup of water. Remove from heat, add one tablespoon of the herb, cover and let steep for 20 minutes. Strain out herb through an unbleached coffee filter.

### Decoction

To make a decoction from the seeds, boil one teaspoon crushed seeds in 1/2 cup water for five minutes and then let steep with the lid on the pot for another 5 minutes. Strain.

### Remedies

Parsley is one of the safer herbs to use as long as you are not pregnant and you do not have a kidney inflammation. It is rich in vitamin C and can rid a person of garlic breath.

Medicinally, parsley is used as an antispasmodic, carminative, diuretic, emmenagogue, and expectorant.

Parsley tea made from the seeds and leaves is used for asthma, coughs, and suppressed menses. In olden times, girls who got pregnant out of wedlock were said to eat alot of parsley in the hope that their menses would return.

A tea made from the crushed seeds of parsley and massaged into hair and scalp is said to kill head lice. Rinse hair briefly with cold water after applying.

A parsley infusion was drunk for gallstones.

### Blood Building Juice

2 handfuls fresh spinach

1 handful fresh parsley

Put this through an electric juicer. Add to an equal amount of orange juice and drink. Make and drink twice a day.

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May 11, 2002

## Salamanders

While digging in the garden today I came upon a salamander. I've never found a salamander in this particular garden before and the children and I played with her for awhile. After we set her back down, I went inside and quickly grabbed a wacky Wiccan book off the shelf and looked up the symbolic meaning of salamanders.

Salamander : Good luck.

Good luck? What the exact hell is "good luck"? Good luck in bed? Good luck with the state lottery ticket?

Is this a friendly "good luck"? Or a cocky "good luck"?

In Wiccan book terminology, good luck means that the author couldn't find anything on the object in question that would interest his or her readers. Imagine that!

My search continued.

In Oregon, USA, in the month of June in the year 1911, salamanders rained down from the sky.

I guess that was a lucky event unless you happened to get a few tangled up in your hair and they got squooshed when you tried to remove them.

Salamanders can regrow entire limbs. Perhaps the Wiccan author in question should have labeled them as a symbol of regrowth because it certainly was not lucky for the salamanders who had their limbs repeatedly cut off by the so-called scientists.

Their sacred number is five but this probably relates to the fact that they, like humans, have five toes.

The Ancient Egyptians used the salamander as a hieroglyph. Guess it meant? A man who died of cold. Certainly not very lucky.

In Alchemy the salamander represents sulfur or fire. It is believed that salamanders can live inside fire without getting burned.

It was also believed that salamanders were "cold" and could put out a fire if thrown into one.

No where in any of the books I have searched (that are not related to Paganism) did I find mention of good luck and salamanders.

May 12, 2002

While the kids were busy playing in the sandbox, I overheard my daughter say that she was going to "karma-flage" (camouflage) her toys. It got me thinking: What would be the definition of karmaflage?

Karmaflage: When you are being hit with multiple karmic kickbacks you are being karmaflaged.

### The Karmaflaging Rede

Karmaflage a person or being  
Who acts without actually seeing  
The extent of what she or he does  
In the realm of subconsciousness flood.

The reality is quite easily so  
To the extent that you reap what you sow.  
Beware of the actions you send out  
Because you never know what will come back.

Be it a kick in the proverbial ass  
Or a meadow of razorblade grass  
You are doomed from the life-cycle start  
If you act without forethought and heart.

So pay heed to this factual warning  
And take note when you wake in the morning  
Tis better to act with the best of intentions  
Than to be punished for petty reactions.



May 19, 2002

## Meditation: Preparation and Breathing

This is my fifth attempt to write on this subject matter. So far I've come out sounding either like an elitist or a boring snot. Hopefully I'll be able to spit this out in some more reasonable fashion in the paragraphs to come.

### Preparing to Meditate

1. Empty your bladder, itch all your itches, blow your nose, and turn off the accursed telephone.
2. Make sure everyone is asleep. This means, you will have to meditate either late at night or very early in the morning (unless you have the luxury of having your home to yourself).
3. No bright artificial lights and no noise. If you are meditating at night, put on a nightlight. If there is unavoidable noise (such as traffic), buy a pair of earplugs.

### The First Relaxation

#### Orgasm.

Time and time again, I read through these long meditations that require you to perform a workout of tensing and releasing muscles throughout your body. The same effect can be achieved by having a structured orgasm.

If your body is extremely tense, take your orgasm through the lower half of your body by starting it at the point right below your belly button and then pushing it down through your legs.

If your mind is excessively cluttered, begin to feel your orgasm in the point below your belly button and then take the orgasm up and through the top of your head. Note: This will occasionally bring about an OBE.

I've been practicing orgasm relaxation since I was eleven years old due to my reclusive manner. I can say, in good faith, that I am not blind and my palms are not hairy. I also have no hang-ups over masturbation for, as some women know, if you want the job done right you will have to do it yourself...

### The Second Relaxation

#### Breathing.

I've been practicing numerous belly-breathing techniques since I was age 8 or 9. My mother bought numerous books on Zen Buddhism and managed to get me interested in the processes of meditation.

By far the easiest breathing rhythm I've used is the 2-4.

Breathe in to the count of 4, hold to the count of two, exhale to the count of 4, and hold to the count of 2.

Practice this breathing method as often as possible and do it with the belly. Count it out in your mind at the beginning. In time and with practice, you will be able to perform 2-4 without having to count it.

May 20, 2002

## Easy Soap Balls

A simple craft project that I've done with my children twice so far.

Needed:

Grated, unscented soap, about 2 cups

Coloring \*optional

1 teaspoon ground dried lavender

Tea Tree EO

Rosemary EO

Warm water

Put grated soap in bowl, add one teaspoon ground lavender, about 3 drops tea tree oil, 6 drops rosemary oil, coloring if desired, and about a teaspoon of warm water. Mix with hands. If too dry, add another teaspoon of water and mix again. The soap should be easily molded into balls with your hands. Place on wax paper to dry for two weeks, squeezing the balls (yeah yeah) from time to time to keep them tight.

May 21, 2002

If You're A Real Witch...

"If you're a real witch, you'll email me an easy love spell that will make my teacher's son fall madly in love with my best friend's sister..."

Does anyone else get emails like these?

Of course I am a "real witch" and, being a real witch, I delete these emails.

Sometimes I feel like a callous bitch for not replying but when I think it out, my explanation to these emailers would not be to their liking.

What I would love to say...

"Can you send me an easy wish spell?"

Casting a spell is as easy as blowing seeds off a dandelion or whispering your wish to a gust of wind. It's the focus of intent and the willingness to follow through that makes true spellcasting difficult.

Following someone else's spell to a T is fine and dandy but the effect it will have upon your personal subconscious will be minimal if at all.

To effectively "cast a spell", one needs to do years of research and years of soul searching to understand personal interpretations of colors, symbols, mythologies, and more. As one travels deeper into the realms of mysticism, these personal meanings will change and take on even stronger meanings. There is no end to the learning and there is no such thing as "quick" and "easy" when it comes to working with the Unseen Forces. In fact, it can be dangerous to work with these Unseen Forces without background knowledge of them.

"Can you send me a love spell that REALLY works?"

What is common love but a mere tingling of the loins?

What you should be open to is finding your soul mate. It puts all other loves to shame.

"Ok. How do I cast a spell for a soulmate?"

You don't. You learn to love yourself first and that self-love will attract others to you like a magnet attracts certain metals. Magnetism.

Sigh....

No one has ever responded to the self-love comment.

"How dare she?" "How stupid!" "That would be too easy!"

Too easy? Has anyone ever tried it?!

May 22, 2002

## A Gentle Herbal Face Cleanser

My concoction has made it past the trial period and I feel it is safe to write down the making and recipe for future use.

### Needed:

1 bottle witch hazel  
1 fistful of dried chamomile flowers  
1 fistful of dried calendula petals  
Distilled water  
Glass jar with lid

### Instructions:

1. Add a fistful of dried chamomile flowers and a fistful of dried calendula petals into a glass jar. The dried herbs should fill the jar no more than halfway.
2. Pour witch hazel into the jar so that it just covers the dried herbs. Again, the jar should not be more than halfway filled.
3. Screw on lid and set the jar in a dark place for two weeks (mark on calendar), giving the jar a shake every day.
4. After two weeks, remove plant material by pouring the liquid through a coffee filter and into a clean glass jar. Give the coffee filter a good squeeze to get access liquid out.
5. Take an eye measurement of how much liquid is in your jar and add the same amount of distilled water, doubling the liquid in the jar.
6. Shake and keep stored in a dark place such as under your sink or in the medicine cabinet.

To use, simply moisten a cotton ball with the liquid and use on face.

My skin is extremely sensitive and I first tested this concoction on my wrists. (Recommended.) After it passed the initial trial, I began using it on my face, first once a day and now I use it twice a day.

This is a gentle cleaner and it leaves my skin feeling soft, smooth, and clean.

May 23, 2002

While cleaning out my cabinets today I came upon one of my jars filled with acorns. The reason is as follows.

Acorns O'Plenty

Needed:

Jar with lid

Acorns

Gather acorns in the fall and allow a month to fully dry in a warm place.

The acorns, representing prosperity, can then be filled into a jar and placed into the back of a cabinet or food pantry. This will ensure a plentiful supply of food throughout the winter months.

Also keep an acorn on each windowsill to protect your home against lightning.

May 25, 2002

## Color Telepathy - Children

My children are currently ages 5 and 7 years. I began experimenting with telepathy by sending them each a color via the third eye several months ago.

When we first started, I told them that mommy was going to think of a color and send it to them using my mind. I had them each close their eyes and try to picture what color I was sending.

At first our results were poor but we continued to practice this "game" for about 15 minutes each and every day. It took about a week before my daughter, the eldest, and I were able to send back and forth. My son, on the other hand was having problems holding a single color in his mind.

This led me to create a simple set of color cards for all of us to work with.

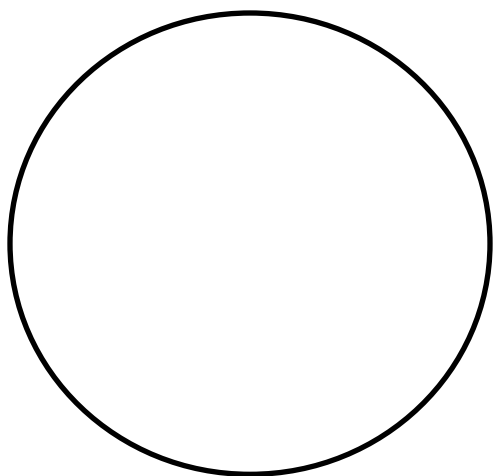
The children and I have worked on sending each other numerous colors these past few months and have discovered which colors work best. Black and white are considered background colors and are not recommended for sending. Gray, silver, and gold should also be avoided.

The colors we now work with are: red, blue, green, pink, orange, brown, yellow, and purple.

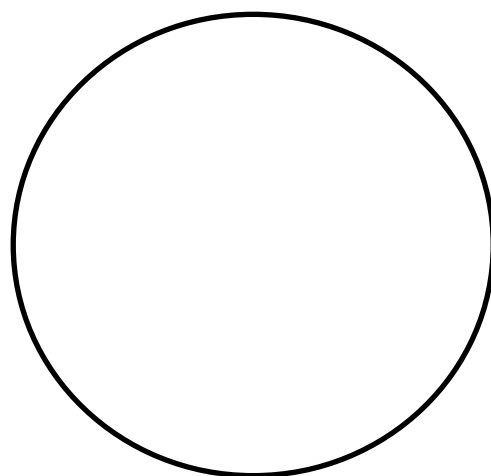
To make the cards, print off two sets of the cards (images on following pages). Cut out cards and color in the correct color for each. Cut out same sized cards out of posterboard and glue colored paper cards onto these so that the color can not be seen through the cards. For further protection, cover each finished card with contact paper which can be bought cheaply at most office supply stores.

The children and I each take two turns at sending. First I will send a color to my son and then a different color to my daughter. In return, my daughter will send Julian and I each a color, and so on.

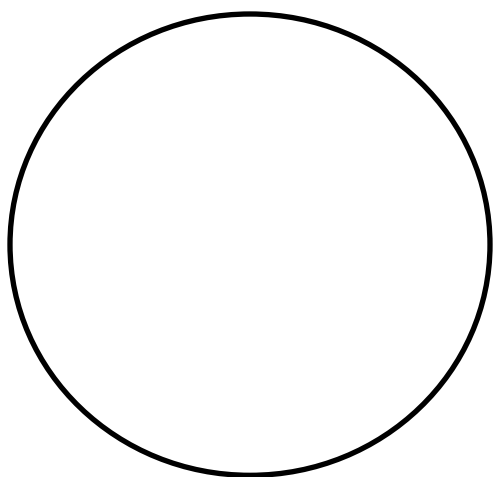
Cards are sized 3.5" x 5".



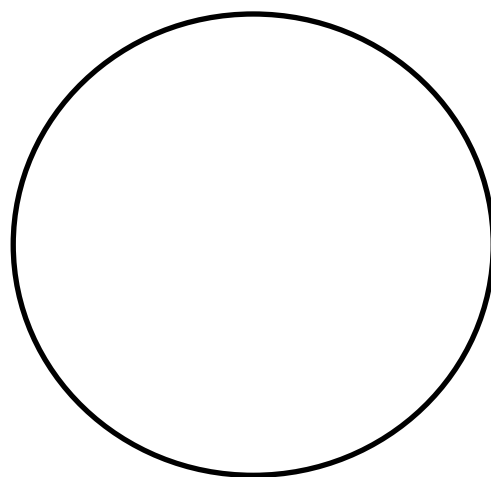
RED



BLUE

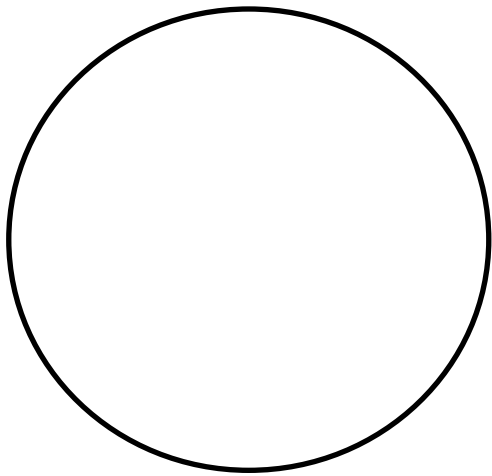


GREEN

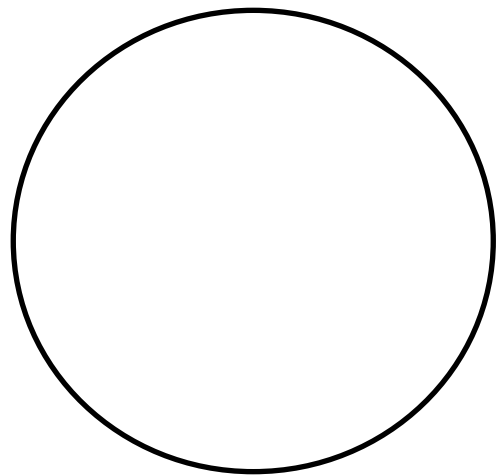


PINK

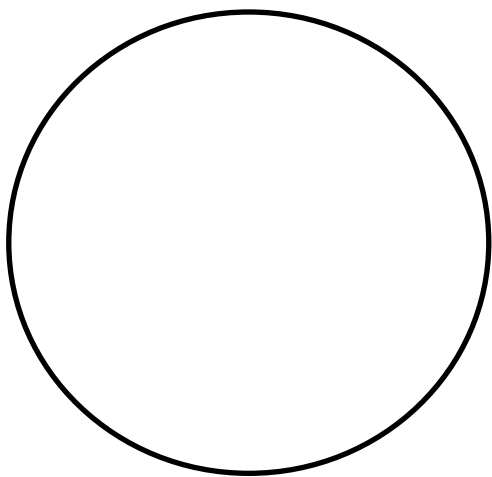




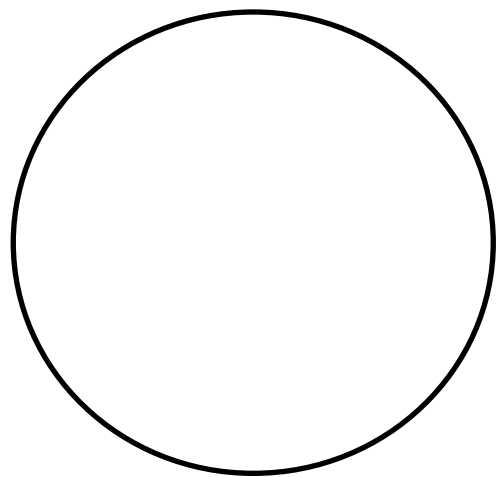
ORANGE



BROWN



YELLOW



PURPLE

May 26, 2002

I came across this in one of my notebooks. I remember sharing it only a few short months ago on the list I ran.

I wrote it for my kids one night when they insisted that their closet was haunted by a monster.

### Ridding Monsters

To rid the monster from your child's bedroom, wave your arms and shout:

Vixum, Braxum,  
Poly-goo stew,  
All mean monsters  
Shoo! Shoo! Shoo!

I am not too certain if it got rid of the monster but the kids got a good laugh out of it.

May 31, 2002

## Spit

Commonly viewed as a measure of poor manners, spit had numerous magical uses in the not so distant past.

Fishermen would spit on their hooks for a good day's catch. When they spat on their nets they were performing part of an ancient custom of honoring the sea gods.

Boxers, to this day, spit on their gloves for good luck although it was originally done with the belief that the spit would make fists harder and stronger. Along this same line, men would rub their spittle on their skin before going into battle. They believed it made their skin tougher.

Traders and merchants would spit on the first coin they earned each day in the hopes that it would bring them more money.

Spitting in your right shoe before putting it on was said to bring good luck for the day. People would spit into their first morning urine for the same reason.

Spit was also used for protection, namely from the evil eye. A person who received the evil eye would spit three times and cross him/herself to counteract the spell.

Families would spit on a family member who was leaving for a journey as a way of offering protection.

In some places it was customary for the newlywed groom to spit three times in the keyhole to the couple's room or home before unlocking the door. This was to counteract any magic that may have been cast to obstruct the newlyweds night of consummation.

In Devon, a person would spit three times if s/he saw a dead magpie to counteract any bad omens associated with the bird's death.

Men of the church were often spat upon because commoners did not trust them and believed that these "godly" men could only bring about bad occurrences.

Spit was also regarded as having the same properties as semen. In Africa, hero-warriors were born from the spit of gods. In some cultures it was even believed that a woman could become pregnant if spittle were rubbed on her belly.

On the flip side, spittle could be used in the dark arts to harm the person it came from. There have been and still are numerous peoples who've guarded their spittle with as much superstition as one who guards hair and nail clippings.